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carbohydrate attached to said sheet; and (iii) a negatively charged acidic group attached to said sheet, comprising the steps of:

- (a) attaching a carbohydrate of (ii) to a cross-linkable lipid;
- (b) attaching an acidic group of (iii) to a cross linkable lipid; then
- (c) forming the lipids of steps (a) and (b) into a lipid sheet; and
- (d) crosslinking the lipids within said sheet.

2. The method of claim 1 wherein said cross linking step comprises the step of cross linking of diyne-containing lipids.

3. The method of claim 2 wherein said diyne is 10,12 pentacosadiynoic acid.

4. The method of claim 3 wherein the cross linking step comprises a step selected from the group consisting of ultraviolet radiation, oxidation and radical initiation.

5. The method of claim 1 wherein said forming of a lipid sheet of step (c) comprises a step of sonication.

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6. The method of claim 1 wherein the proportion of acidic groups (iii) is 0.5% to 10%.

7. The method of claim 1 wherein the proportion of carbohydrate (ii) is 1% to 5%.

8. The method of claim 1 wherein said cross linking is at least 25% and is controlled by the addition of non-cross linkable lipids.

9. The method of claim 1 further comprising the step of attaching said carbohydrate (ii) to said lipid sheet by cross-linkable lipid bearing a spacer group.

10. The method of claim 1 further comprising the step of attaching said acidic groups (iii) to said cross-linkable lipid through a spacer group.

11. The method of claim 1 further comprising the step of attaching two different carbohydrates of (ii) to a cross-linkable lipid.

12. The method of claim 1 wherein said lipid sheet is a liposome.

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